



Evaluating Coverage Needs for Mental and Behavioral Health among Youth of Color in the District

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ICD Codes

CONDITION	ICD-10 CODE	CODE DESCRIPTION
Anxiety	F40.10	Social Phobia
	F41.0	Panic Disorder [Episodic Paroxysmal Anxiety]
	F41.1	Generalized Anxiety Disorder
	F41.8	Other Specified Anxiety Disorders
	F41.9	Anxiety Disorder, Unspecified
	F42.9	Obsessive-compulsive Disorder
	F43.20	Adjustment Disorder, Unspecified
	F43.21	Adjustment Disorder with Depressed Mood
	F43.22	Adjustment Disorder with Anxiety
	F43.23	Adjustment Disorder with Mixed Anxiety and Depressed Mood
	F43.25	Adjustment Disorder with Mixed Disturbance of Emotions and Conduct
	F43.9	Reaction to Severe Stress
	F93.0	Separation Anxiety Disorder of Childhood
F94.0	Selective Mutism	
PTSD	F43.10	Post-traumatic Stress Disorder

ICD Codes

CONDITION	ICD-10 CODE	CODE DESCRIPTION
Gender Dysphoria	F64.0	Gender Dysphoria in Adolescence or Adulthood
	F64.2	Gender Dysphoria in Childhood
	F64.8	Other Gender Identity Disorders
	F64.9	Gender Identity Disorder, Unspecified
ADHD	F90.0	Attention-Deficit Hyperactivity Disorder, Predominantly Inattentive Type
	F90.1	Attention-Deficit Hyperactivity Disorder, Predominantly Hyperactive Type
	F90.2	Attention-Deficit Hyperactivity Disorder, Combined Type
	F90.9	Attention-Deficit Hyperactivity Disorder, Unspecified Type
Conduct Disorders	F91.3	Oppositional Defiant Disorder
	F91.8	Other Conduct Disorders
	F91.9	Conduct Disorder, Unspecified
Depression	F32.0	Major Depressive Disorder, Single Episode, Mild
	F32.1	Major Depressive Disorder, Single Episode, Moderate
	F32.2	Major Depressive Disorder, Single Episode, Severe Without Psychotic Features
	F32.9	Major Depressive Disorder, Single Episode, Unspecified
	F33.1	Major Depressive Disorder, Recurrent, Moderate
	F33.2	Major Depressive Disorder, Recurrent, Severe Without Psychotic Features

Methodology

1. Reviewed treatment guidelines from Children's National Hospital for all conditions
2. Analyzed clinical guidelines for all conditions
3. Conducted qualitative interviews with Whitman-Walker providers
4. Created individual treatment scenarios for specific conditions
5. Combined scenarios into a unified scenario for all conditions

Note on the unified scenario: treatments (visits and medications) for many of the conditions overlapped, and many youth have multiple conditions. To reflect these clinical realities and to simplify the recommendations, we created a unified scenario for all conditions, with the addition of routine laboratory tests and screenings that are necessary for the treatment of gender dysphoria

Treatment Scenario: Initial Assessment

Up to 2 New/Assessment Visits at Zero Cost Sharing

VISIT TYPE	CPT CODE	SERVICE TYPE	SPECIALTY	DESCRIPTION
New	99202, 99203, 99204, 99205, 99244, 99245	Primary Care	Internal Medicine/Infectious Disease/Family Medicine/Gynecology/Endocrinology	New medical visit
New	90791, 90792, 96127, 90832, 90834, 90837, 90847, 99214	Mental Health	Behavioral Health/Psychiatry	New patient, screening/assessment

Treatment Scenario: Evaluation and Management

Quarterly (4) Evaluation and Management Visits at Zero Cost Sharing

VISIT TYPE	CPT CODES	SERVICE TYPE	SPECIALTY	DESCRIPTION
Follow-up	90832, 90834, 90837, 90833, 90836, 90838, 99211, 99212, 99213, 99214, 99215, 99354, 99355	Mental Health	Behavioral Health/Psychiatry	Evaluation and management
Follow-up	90471, 90656, 90686, 99202, 99203, 99204, 99205, 99211, 99212, 99213, 99214, 99215, 11981, 99484, 99442, 99443	Primary Care	Internal Medicine/Infectious Disease/Family Medicine/Gynecology/Endocrinology	Evaluation and management
New or Follow-up	90839, 90840	Mental Health	Behavioral Health/Psychiatry	Psychotherapy crisis

Treatment Scenario: Follow-up

Up to 20 Follow-up Visits at Zero Cost Sharing

VISIT TYPE	CPT CODE	SERVICE TYPE	SPECIALTY	DESCRIPTION
Follow-up	90791, 90834, 90835, 90837, 90846, 90847, 90853, 99213, 99492, 99493, 99494, 90832, 90834, 90836, 90837, 99214, 90792, 99215	Mental Health	Behavioral Health/Psychiatry	Individual therapy
Follow-up	90846, 90847, 90853	Mental Health	Behavioral Health/Psychiatry	Family/Group therapy

Treatment Scenario: Related Services

NOTE: For Gender Dysphoria Indications Only

RELATED SERVICES TO BE COVERED WITH ZERO COST SHARING		CPT CODE	FREQUENCY (PER YEAR)
Laboratory Tests	Testosterone (free and total)	84402, 84403	Quarterly
	Estradiol	82670, 30289	Quarterly
	Hemoglobin and hematocrit (or complete blood count)	85014, 85018, 85025	Semi-annual
	Comprehensive metabolic panel	80053	Semi-annual
	25 OH-D Vitamin D	82306	Annual
	Lipid panel	80061	Annual
	Luteinizing hormone and follicle-stimulating hormone	83001, 83002	Annual
	Prolactin	84146	Annual
Imaging	DEXA scan	77080	Annual
	Bone age x-ray	77072	Annual
Procedures	Hormone therapy injection	96372	PRN

Treatment Scenario: Medications

MEDICATION CLASS/GROUP	SPECIFIC MEDICATIONS TO BE COVERED WITH ZERO COST SHARING
SSRIs	All
SNRIs	All
Atypical antidepressants	All (e.g., SARIs, mirtazapine, trazodone)
Anti-histamines	Hydroxyzine HCl
Anti-hypertensives	Prazosin
Anxiolytics	All (e.g., benzodiazepines)
Atypical anxiolytics	All (e.g., buspirone)
Alpha agonists	Clonidine, Guanfacine, Guanfacine ER
Beta blockers	Propranolol, Metoprolol
Anti-convulsants	Gabapentin, Divalproex, Lamotrigine, Carbamazepine, Oxcarbazepine
Anti-manic agents	All (e.g., lithium)
Stimulants	All (e.g., amphetamine, methylphenidate)
Anti-psychotics	Quetiapine, Aripiprazole, Brexpiprazole, Lurasidone
GnRH analogs	All (e.g., Lupron, Triptorelin, Histrelin)
Sex hormones	All (e.g., oral/transdermal/injectable estradiol, injectable/transdermal testosterone, progesterone)
Nonsteroidal anti-androgens	All (e.g., bicalutamide, spironolactone)
5-alpha reductase inhibitors	All (e.g., finasteride, dutasteride)

Typical Indications

Note: these typical indications are not exhaustive; for instance, many anti-depressants are used for the treatment of other mental health conditions as well

- Depression
- Anxiety, PTSD
- ADHD
- Gender dysphoria



Questions?

Thank you.



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